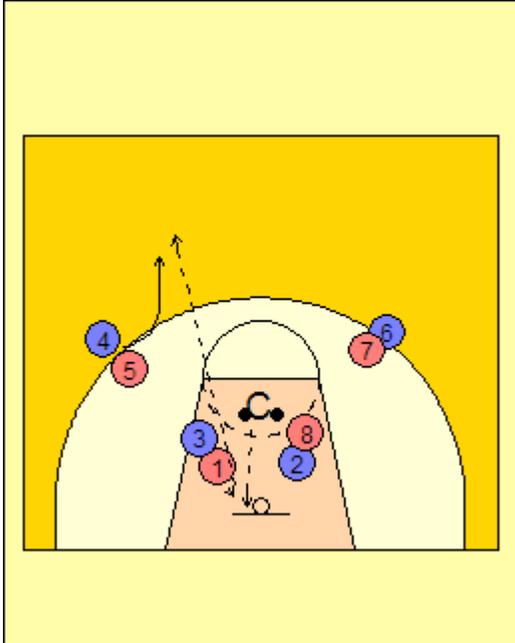




# Mike MacKay

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## Transition



1

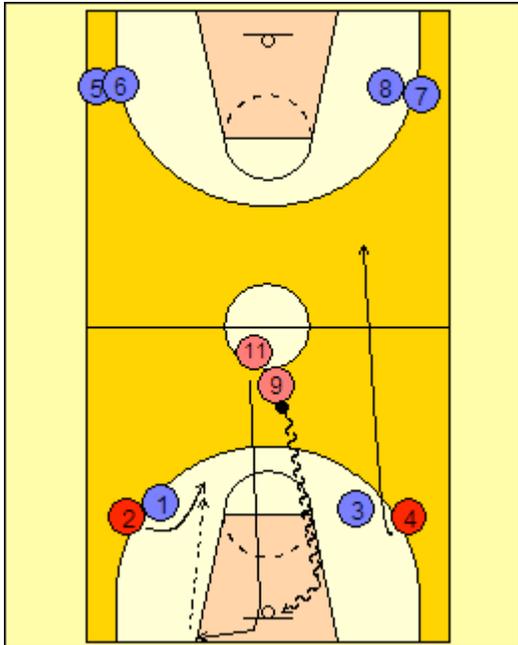
### Rebounding

This drill is to work on jumping to rebound and making an attacking outlet pass or a break out dribble.

The coach tosses the ball off the board. #1 boxes out #3 and jumps to rebound. #5 boxes out #4 and seals for the attacking outlet pass.

#1 must read to decide if he/she should throw the attacking outlet or make the break out dribble. The defense is guided. Once one side has gone then the other side goes. Players switch positions.

The next option is to score the ball and now the player must work to get open using the circle cut concept.



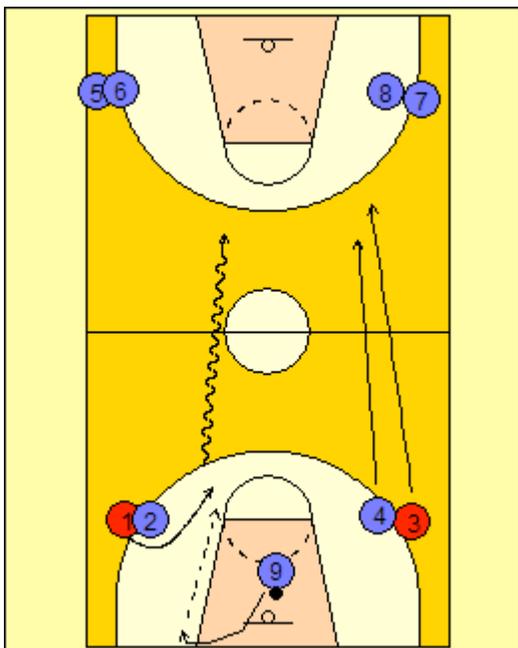
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### Scored basket

If the basket goes in #11 takes the ball out of bounds (away from under the basket). Notice that #1 and #3 now switch to a denial position since the basket went in. #2 reads that the inbound is on his/her side and runs a tight circle cut to get the pass from #11. #4 reads that the inbounder is going away from him/her and sprints hard to become the first player open down the floor..

Each player is allowed only two dribble maximum. This can be reduced down to one and with elite players no dribbles.

# 4 scores the basket and #2 must trail up to be the inbounder or outlet person at the other end.



4

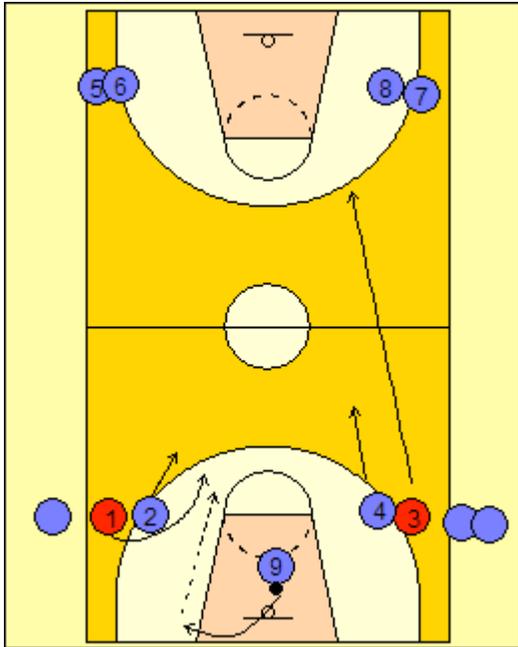
### Circle cut to 2 on 1

In this version of the drill The player on defense away from the inbounder #4, is live. This forces the ball handler #1 to "read"; do I keep my dribble or do I pass the ball.

The players must quickly fill the open spots.

Remember if the basket is scored the ball is inbounded. If the ball is missed outlet/ breakout.

Note: practice 2 on 1 from various angles. You will not always achieve the perfect two players wide. The key is to go as quick as possible under control as to not allow the other defenders a chance to become involved.

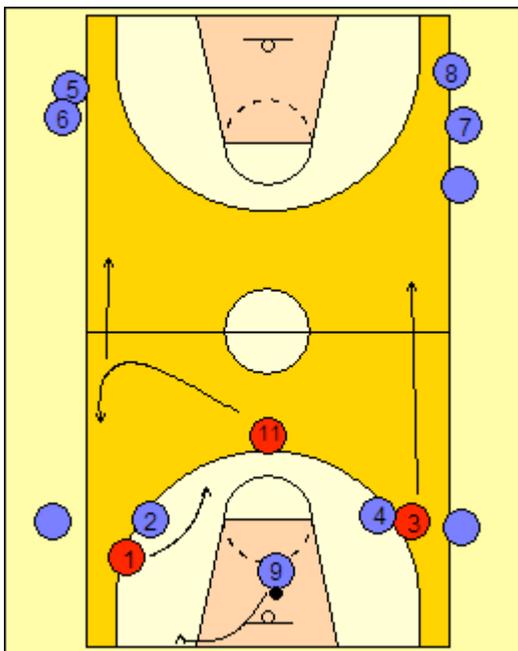


5

### Circle cut to live 2 on 2

Now the drill is run live with #1 and #3 playing live against #4 and #2. The team loses points if there are too many dribbles.

Remember the same rules apply on the make or miss. If the defense get the rebound run outlets/breakouts. If the ball goes in use inbound plays.



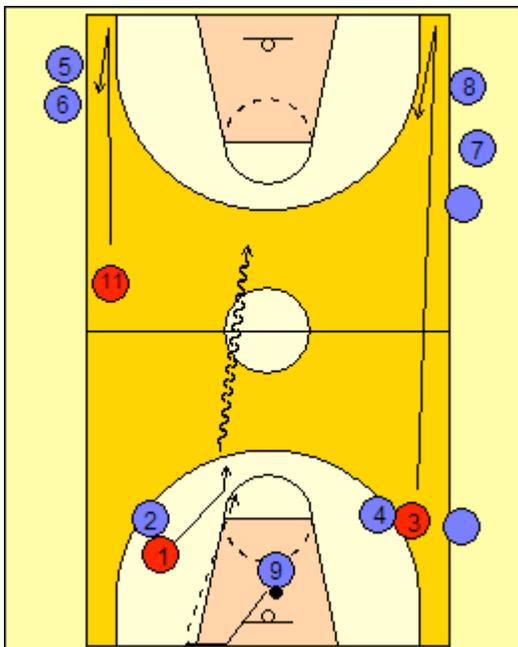
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### 3 on 0

We now add a third player at the top of the three point line. This player must also read the inbounder. He/she wants to go to the side in which the ball is being inbounded.

If the ball is passed to #1, this player runs the lane. If the pass is not open he/she must cut to fill the open space.

The other players must stay off the floor until the ball is scored.



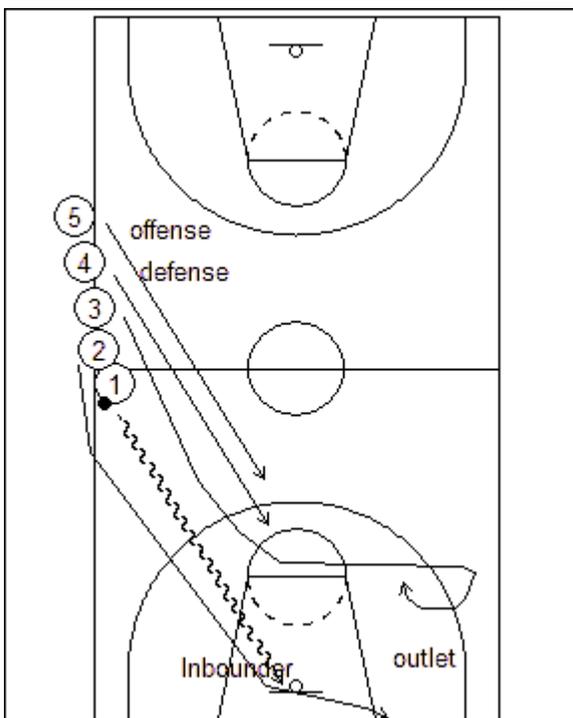
### Finish 3 on 0

One way to finish is working on bumping the baseline. The two wing players run hard to the baseline. When the guard is able to make the pass cut to the ball.

We can work on a pass entry and a dribble entry.

The next step is to add guided defense. The player who scores the basket can put pressure on the inbounder.

This can be worked into 3 on 2 and 3 on 3. Note: it is difficult to make it continuous 3 on 3 for more than two possessions unless you have more than 12 players.



### 5 player inbounding vs. pressure

All five players line up in a straight line with the ball at the front. (You can start the line anywhere). #1 dribbles in for the lay up and then immediately finds #3 to deny the inbounds pass. #2 becomes the inbounder #4 is defense and #5 is offense

#### loading

- Add a sixth player (behind #2) to put pressure on the inbounder. They can defend many different ways (catcher, short stop, right field or centre field)
- put 7 players for 4 on 3 or 4on 3
- 8 players for 4 on 4